



Welcome Bearcats



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All letters become the property of the Northwest Missourian, which reserves the right to edit them. Letters should include your name and address, along with day and evening telephone numbers. Letters should be no longer than 250 words.

# Welcome to Northwest

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## IT'S BACK

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# John Jasinski

## UNIVERSITY PRESIDENT

Welcome to Bearcat Nation,

You are beginning a journey that joins you with some 60,000 Northwest alumni and friends! You will soon discover why the phrase, Once a Bearcat, Always a Bearcat, has such deep meaning to all of us.

Fall is an exciting time at Northwest, as we welcome new and

returning students to our beautiful campus. Maryville thrums again with student activity. It is a time of new beginnings for students, faculty and staff alike.

Our students are what make Northwest Missouri State University such a vibrant, diverse, active and cutting-edge organization. It can be intimidating to start life at a new school, and some of you are far from your high school friends. One of the many great things Northwest offers is a wide range of activities and employment opportunities open to freshmen. Join one of our more than 180 student organizations. Getting involved on campus is not only a great way to meet new friends, but develops students on an academic, physical, spiritual, social and professional level as well. Research shows,

the more engaged you are, the better your chances are for success!

Of course, you came to college to further your education. Our professors care immensely about your success in the classroom and outside of it as well. Ask questions. Be engaged. Visit with our faculty after class or during their office hours. You will soon find out that our unique hands-on learning experiences, caring faculty and small class sizes mean you will master your course material while finding lifelong mentors in your professors.

By selecting Northwest, you are choosing to be a part of a tradition of excellence. From academic excellence to research achievements, nationally-recognized academic departments to nationally-recognized student organizations, and from performing

arts championship performances to athletic championships, Northwest students, faculty and staff never cease to amaze me! I look forward to seeing all that you, the class of 2014, accomplish!

Your input about your experience at Northwest is important to the entire Northwest Leadership Team. As you see me around campus, please do not hesitate to come and say hello and give me your feedback about life at Northwest.

At Northwest, we are committed to helping you succeed. Take hold, get involved, be a true Bearcat! Welcome to Northwest, new Bearcats!

With green and white pride,

*President John Jasinski*

# Quentin Templeton

## STUDENT SENATE PRESIDENT

Greetings!

As the President of the 88<sup>th</sup> Student Senate and your Student Body President, it gives me great pleasure to officially welcome you to Northwest!

Your years here will fly by, so be sure to take time to reflect on your experiences. Whether rooting on another Northwest victory, reading a book by Colden Pond, meeting friends at the Bell Tower, or going for a late night Station run, never take your experiences for granted.

The Faculty, Staff, and Administration work tirelessly to provide you with every opportunity possible. Be sure to utilize these incredible resources! There are academic, social, diversity, and student support focused resources across our campus. These dedicated individuals are available for you, simply to ensure your Northwest

experience is the best it can be.

With a campus organization list well into the hundreds, Northwest is sure to provide you with a group that matches your morals, dreams, or aspirations. However, remember that each of those organizations was started by students, just like you! In fact, if you have an idea for a new organization, start it.

At Northwest, your opinions as a student are important. With a student-focused campus, a single voice can become a catalyst for major change at our school. Our Culture of Quality Comment Card program is incredibly strong. Student Senate, Residence Hall Association, and a plethora of other organizations advocate for your rights as a student. What's more, without your input, real change cannot happen. If you ever have any concerns at Northwest, I encourage you to take advantage of

these great resources.

Finally, never forget the real purpose behind why you are at Northwest: your education. The teaching-focused culture of Northwest ensures that your time in the classroom is beneficial. But that requires work on your part. Take time to study, adequately prepare, and you will perform to that degree. Whether in a classroom of 4 or 104, know that your professor wants you to succeed. The experiences you have in the next four years define not only you, but our University as well. Respect it, respect the traditions, and soon it respects you, forever.

With that, I would like to again welcome you to Northwest. Although the path you are about to take is an obscure one, and your vision is limited, relax in the understanding that Northwest truly is a family. We often cite our mantra of, "Once a



Bearcat, Always a Bearcat." It wasn't until I made friends here and watched them graduate that I fully understood that. Those individuals, just like you and me, hold a very special place in their hearts for Northwest. Even after leaving, it will always feel like home.

I look forward to seeing you around campus!

In Bearcat Pride,

*Quentin Templeton*



# Brittany Keithley

## EDITOR IN CHIEF

College is more than a classroom. The people, experiences, and opportunities you will encounter in your four (or five) years here will help form the person you will be for the rest of your life. This series of opportunities can either make or break you. They can take you beyond these halls to a job you only dreamt of or back to your parents' basement working at McDonald's.

Take every person you meet and develop a relationship. Take a chance with your roommate, leave stereotypes at home and take each person for who they are. Resist the urge to go home every weekend and go out with the kids down the hall. These people could become the friends you never had.

Through the good and the bad, the experiences at college are the

basis of the character you develop. Don't forget your morals when you head off for the party. Think twice about how short that skirt is or what bottles you sneak into your dorm. You can start fresh here, but don't ruin this fresh start by burying yourself in bad habits.

Whether it is a summer class in New York City or spring break in Cancun, every opportunity presented has consequences good and bad. Take the internship, study abroad, road trip and see things you can only encounter in college. Develop a resume and live a little, you're only young once.

So you want to take these years and walk away with your dream job closer than ever, don't forget why you're here. The classrooms may not be everything, but they are

something. Go to class, do your time and take away everything you can. You're working with scholars here, they want to help you and pass on as much knowledge to the up and coming.

It's in your hands now. You are the only one who can write the story of your time at Northwest. However, I help make sure the rest of the stories on and off this campus are written.

The Northwest Missourian offers students a free news source combining campus and community news. Pick up a copy every Thursday and stay informed on what's going on around you.

Check out our Web site at [www.nwmissourinews.com](http://www.nwmissourinews.com) before class and find breaking news, sports updates and backstage coverage on



your favorite events. We are dedicated to providing you with the coverage you need so send us an e-mail if you aren't satisfied or there's an event you want us to know about.

Good Luck,

*Brittany Keithley*

# A & G

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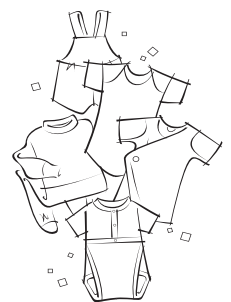


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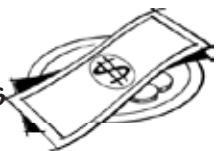
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# A Word from the Wise

## 21 TIPS FOR INCOMING FRESHMEN

**21**

Take advantage of free time because when finals roll around you have no time.  
-Philip Carter

**20**

You need to exercise, because you know that freshman 15, well it's real.  
-Soon Jung

**18**

Make sure you study for finals a week in advance, not a day or an hour before.  
-Tori Harms

**17**

Don't focus too much on studies, try and be involved. If you focus so much on studies you won't be able to get out, make friends and enjoy yourself.  
-Paige Anderson

**16**

Find your own routine. Find whatever works for you and stick with it. Stay focused.  
-Bryce Mareness

**15**

Get involved, don't slack in classes and use your Aladine money.  
-Mallory Conley

**19**

Don't use a loft, check out Workman's Chapel and definitely check out SI sessions before finals week.  
-Hannah Varney

**9**

Stay on top of assignments even though you think you have a lot of downtime you tend to say you can always do it tomorrow. The days can get away pretty quickly before you're crunched for time.  
-Alex Ceplina

**14**

Go to class even if you are a good student and could get by in high school. Just because your parents aren't here that doesn't mean you can't get in trouble. Use your head.  
-Jake Wendling

**13**

Don't sit in your dorm room too long, it will drive you insane. Get out and do something in Maryville or get involved in a campus activity or club.  
-Tanner Marchisello

**10**

Limit yourself when it comes to Facebook. Have fun, but not too much fun.  
-Stefanie Ague

**12**

Study and learn time-management. It's a lot different from high school.  
-Adam Newmaster

**11**

Get yourself out on campus and involved in things immediately. Don't be afraid to get involved in Greek Life or things with classmates. Most freshmen don't give their freshman year a chance to experience things so then they give up on school.  
-Kathleen Brown



Get a laundry basket with wheels; it makes life a lot easier. Leave high school drama in high school. Get a big trash can, Febreze and dishes and silverware you can throw away because you won't want to wash dishes, takes too much time  
-Hannah Thompson

**7-** Do not procrastinate and definitely get organized and prioritize your life. - **Liz Tarr**

**6-** Get your work done during the day so you can go out at night and enjoy yourself. And stay away from 8 a.m. classes. - **Dylan Blomberg**

**5-** Don't skip classes. - **Karas Dykes**

**4-** Time management is important. Don't get involved in too much stuff that you won't be able to handle, but do get involved.- **Alex Reid**

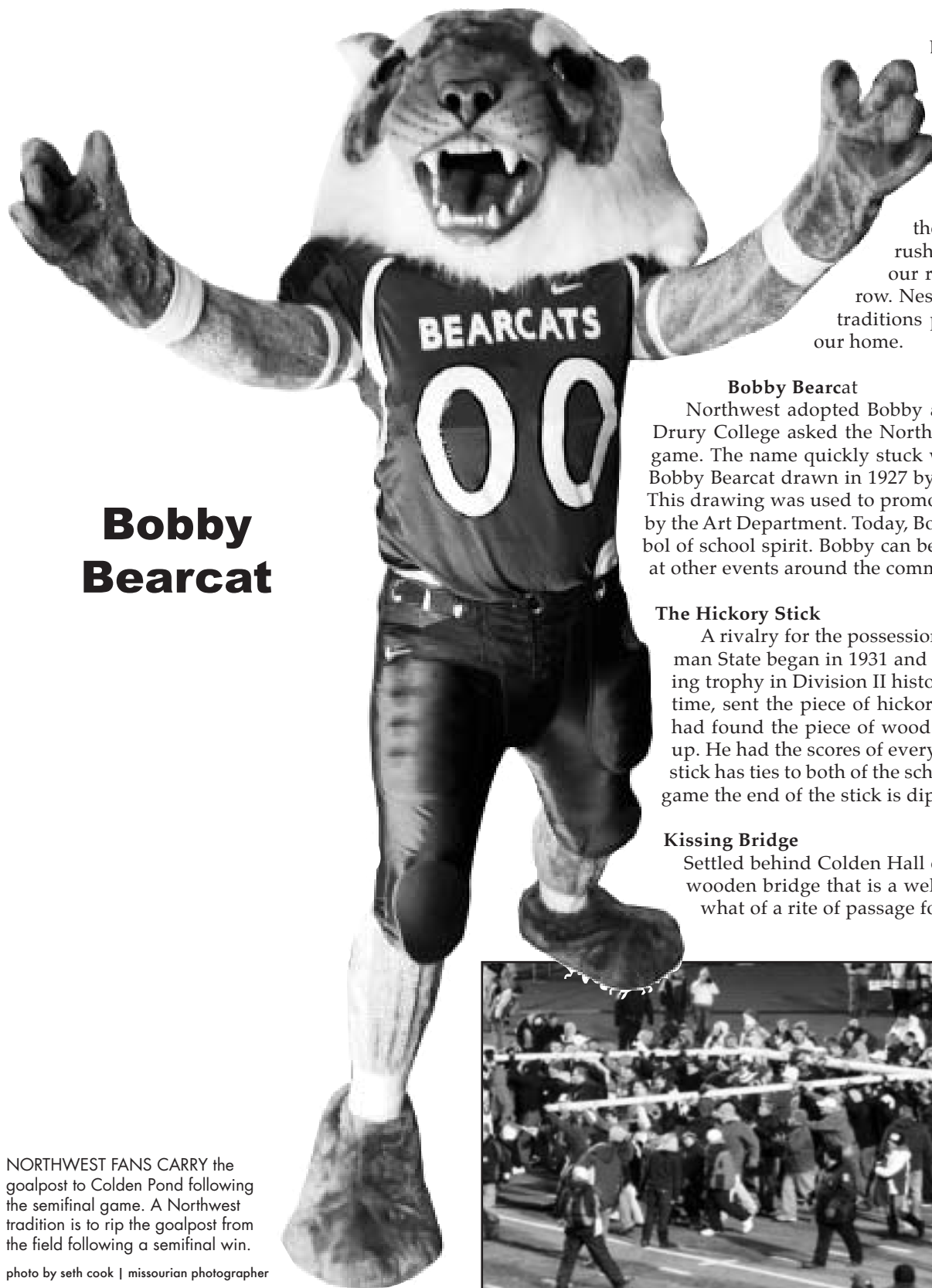
**3-** Focus on your grades early, don't wait until finals week to try to bring your grades up.- **Anna White**

**2-** You need balance in your life. Try to find a happy medium between your schoolwork and your social life because it is extremely easy to let grades slip when you neglect studies for partying. - **Chelsea Flynn**

**1-** Find the ideal place for you to study and find a balance between social life and academic life. -**Brittany Goddard**

# Northwest Traditions

## BEING A BEARCAT



### Bobby Bearcat

By Cassie Thomas  
Chief Reporter

Every spring and fall students, come and go, while the traditions at Northwest remain. From the nostalgic monuments spread throughout campus to the traveling Hickory Stick, students are surrounded by the history unique to our beloved campus. With every fall, brings the excitement and anticipation for the coveted playoffs and rushing the field in celebration (below), as it was last fall with our return to the National Championship for the fifth year in a row. Nestled in the lush farmlands of northwestern Missouri, these traditions prove why Northwest is our campus, our University and our home.

#### Bobby Bearcat

Northwest adopted Bobby as the official mascot in 1916 after the basketball coach at Drury College asked the Northwest coach if he had his “fighting Bearcats” ready for the game. The name quickly stuck with the student body. Northwest had the first drawing of Bobby Bearcat drawn in 1927 by the Dennison Manufacturing Company in Massachusetts. This drawing was used to promote school spirit. Later versions of Bobby have been created by the Art Department. Today, Bobby is the sole mascot for Northwest and a well-know symbol of school spirit. Bobby can be found with the cheerleaders at many sporting events and at other events around the community.

#### The Hickory Stick

A rivalry for the possession of a 30-inch piece of hickory between Northwest and Truman State began in 1931 and has become the longest standing game played for a traveling trophy in Division II history. In 1930, U.W. Lamkin, president of the university at the time, sent the piece of hickory to Eugene Fair, then president of Truman State. Lamkin had found the piece of wood on the farm in the Northwest district on which Fair grew up. He had the scores of every football game between the schools from 1908 to 1930. This stick has ties to both of the schools, so it can be claimed by either. Today, after winning the game the end of the stick is dipped in the paint of the school color of the winning team.

#### Kissing Bridge

Settled behind Colden Hall over a dried up creek that leads to Colden Pond, is a small wooden bridge that is a well known monument on the Northwest campus. It is somewhat of a rite of passage for a student to be kissed on the bridge before the first snow



NORTHWEST FANS CARRY the goalpost to Colden Pond following the semifinal game. A Northwest tradition is to rip the goalpost from the field following a semifinal win.

photo by seth cook | missourian photographer



fall of the year making them a true Bearcat. Another legend says if you cross this bridge, you will pay another visit to the Northwest campus.

#### Walk Out Day

This historic event made a big enough impact that it has stuck around for many years. The first ever Walk Out Day was planned by two honorary societies. The groups agreed that they would all dutifully attend their classes at 8 a.m. the Friday before Homecoming, but once a bugle played, they would all get up and leave class. After this first event, the administration agreed that this tradition could be continued as long as the President of the University was notified. Today, students still do not attend classes on the Friday before Homecoming. Instead, many events are held throughout campus for students to partake in. A recent addition to this day is the raising of the flags in the International Flag Plaza; international students are selected to raise the flags of their own country.

#### Mike the Dog

Although today Bobby is the sole mascot of Northwest, he had company at one point in the past. A tramp dog could often be found roaming the campus in 1916-17. This dog, who wore a green and white blanket with the letter M on it, was affectionately called Mike the Dog and could be found at nearly all home football games. When Mike died after drinking arsenic of lead, which he mistook for water, students raised money for a memorial tombstone which still stands today to the east of the Administration Building.

## Come on Bearcats Fight

On to victory,  
Hail the Green and White,  
Best in History Come on Bearcats fight, (you bearcats fight!)  
Proud, brave, and strong we will stand.  
Our glorious colors raised up triumphantly, across Missouri Land.


## The Alma Mater

Let your voices loudly ringing,  
echo far and near,  
songs of praise thy children singing  
to thy mem'ry dear.

Alma Mater! Alma Mater!  
tender, fair, and true;  
grateful sons with love unfailing all  
their vows renew.

Years may dim our recollection,  
time its change may bring,  
still thy name in fond affection,  
evermore we'll sing.

Alma Mater! Alma Mater!  
Tender, fair, and true;  
grateful sons with love unfailing all  
their vows renew.



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# Bearcat Card

## FANTASTIC PIECE OF PLASTIC

By Matthew Leimkuehler  
Features Editor

Living life on campus day-to-day is nearly impossible without the convenience of your Bearcat Card. From eating lunch to purchasing tickets for Bearcat football, the card provides you with all of your financial needs on campus.

**Chow:** With your Bearcat card, you can purchase any food on campus, from Quiznos in the Student Union to pizza rolls in the Station. You are also able to purchase pizza via a separated funding that allows you to order Dominos or Pizza Hut delivery. You can

use the card for purchases from any vending machine located on campus. The card is your ultimate source for on-campus dining.

**Tickets:** When stopping by the Administration Building on campus you can purchase tickets to any sporting or SAC-sponsored event with your Bearcat card. If the tickets are not already free for students, the charge will be added straight to your account.

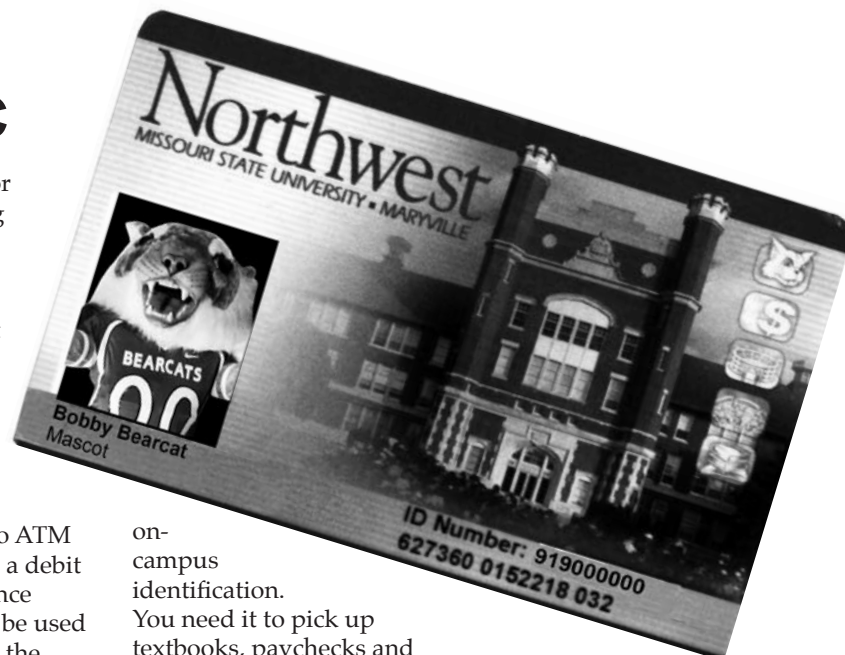
**Library:** Your Bearcat card allows you to check out any book or movie in the B. D. Owens Library for a variety of school projects or personal pleasure.

**Bookstore:** If you ever

need a book for class or a sweatshirt for the big game, you can stop by the University Bookstore and charge any purchases straight to your account via your Bearcat card.

**Banking:** Northwest and US Bank have teamed together to make your Bearcat card your go-to ATM card. It can be used as a debit card at any business once activated and can also be used at any ATM, including the ones located at the J. W. Jones Student Union and the Station.

Be sure to keep your card on you at all times; it is your



on-campus identification.

You need it to pick up textbooks, paychecks and newspapers. Be sure to make the picture you take at SOAR your best, for the picture you take there will be stuck on your

card for your duration at Northwest. Also, keep the card glued to your hip; it is \$15 for every replacement card.

# Campus Dining

## EAT WELL, EAT HEALTHY

By Matthew Leimkuehler  
Features Editor

Many delectable foods are at your fingertips at Northwest, making it virtually impossible to avoid the daunting 'freshmen 15.' There is an eating option on campus for every taste, all with reasonable hours and availability.

The J.W. Jones Student Union is home to the most diverse of food choices, starting with:

**Java City at the Union and Station:** At Java City you can order any type of coffee, cappuccino or espresso to start your day off right. They also offer flatbread pizzas, sandwiches, salads, breads and pastries.

**The Runt:** The Runt is Northwest's best bet to fulfill that sweet-toothed craving. The Runt offers candies and goodies of all sorts, colors and shapes. It also now serves burgers and chicken strip baskets.

**Bearcat Food Court:**

**Bene Pizza-** In a hurry at lunch? Pick up a slice of hot and ready pizza or Bosco Sticks.

**Bene Pasta-** Create your own pasta from a variety of vegetables, meats, noodles and

sauses.

**Quiznos-** Enjoy a hot and toasted sub or Sammie, along with several different salads.

**Zoca-** Construct your own nachos, tacos, burrito or quesadilla from Northwest's own slice of the border.

**Salad Garden-** Fill your plate with a homemade salad, choosing from a wide variety of fruits, vegetables, dressings and sides-and for those on a diet there are 500 calorie meals offered.

**W.O.K.-** The W.O.K. provides you with the opportunity to munch upon Eastern Culture foods fried and grilled to perfection right in front of your eyes.

**Cranberry Farms-** In case you are ever in need of a home-cooked meal, Cranberry Farms provides you with such home cooking as mashed potatoes, cooked turkey and ham, as well as rotisserie chicken.

**Grille Works-** This is your chance to grab a cheeseburger and fries. Grille Works also serves breakfast foods such as omelets, pancakes and bacon.

**Express-** For the students who are in a real hurry, there is the Express fridge, where you



STATION  
EMPLOYEE  
KAYLA  
Roberts  
hands  
Ryan Sul-  
livan his  
aladine  
card back.

photo by lori  
frankenfield |  
photo editor

can grab a sandwich or salad and go.

**Kettle Classic Soups-** Grab the soup of the day from the variety provided through Kettle Classic Soups.

**J.W.'s Grille-** J.W.'s provides students with the opportunity to sit down and enjoy a high-scale burger, steak, chicken, appetizers

and desserts.

**C3 at the Station, Garrett-Strong and Forest Village-** C3 is a chance to grab a snack before class, groceries before a late night study session or a drink before you hit the road for a weekend home. The Station C3 is open 24 hours a day for your convenience.



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# Safety First

## CRASH COURSE IN STUDENT PARKING

By Philip Gruenwald  
Opinions Editor

Incoming students bringing a car to campus next year to save some walking time, don't leave your walking shoes at home. The disproportional growth of the student population has not been matched by an increase in convenient parking spaces, and students should be prepared to walk either way. While a strategic re-striping of several parking lots near the residence halls ought to free up approximately 150 spaces, those precious spots outside campus hotspots are rare gold mines.

Students living in residence halls in the northwest corner of campus near the Station will find that parking right next to their personal dorm is a bit of a crapshoot. Spaces are available between the soccer fields and baseball fields (see map), but their inconvenient location ironically necessitates use of a means of transportation itself, which is why students drive cars in

the first place.

Fortunately, the academic halls are usually within a 15 minute walk of any residence hall on campus. If a student has even a modicum of physical fitness, the daily commute to class should not include anything on four wheels (skateboarders, ignore this statement).

In fact, most upperclassmen would prefer if the precious parking lots outside of the academic buildings were not filled with lazy freshmen or other on-campus students. For commuters, the daily shuffle to find a parking space is its own challenge. Ultimately, there are parking spaces for all the students. Their proximity relative to the student's desired destination, though, is the real inconvenience.

Students must purchase a \$90 parking pass from the Student Services Desk in the Administration Building. This pass allows the student to park in designated resident lots on campus, but some lots are still off-limits. These include faculty lots, commuter

lots or 15-minute parking spaces. It is imperative that a student simply checks the sign at the lot's entrance before pulling in. It could save you a fine, or even a towed car.

Parking violations are \$30, charged directly to the student's account. Towing fees can reach as high as \$100 for next year, and are reportedly a severe hassle.

There are several ill-known loopholes to the system, and they come with hard-earned experience. Landing that perfect spot between Millikan and Dieterich Hall is best done on an early evening, when drivers have left for the night. If you can wait, gaping holes in the lots leave those prime spaces open on the weekends when students go home. Finally, faculty-only spots open up to the public after certain hours, but this can backfire if you get the times wrong.

In short, parking on campus is a contact sport. Get in, get dirty and get that sweet spot while you can.

## Important Numbers

Emergency  
911

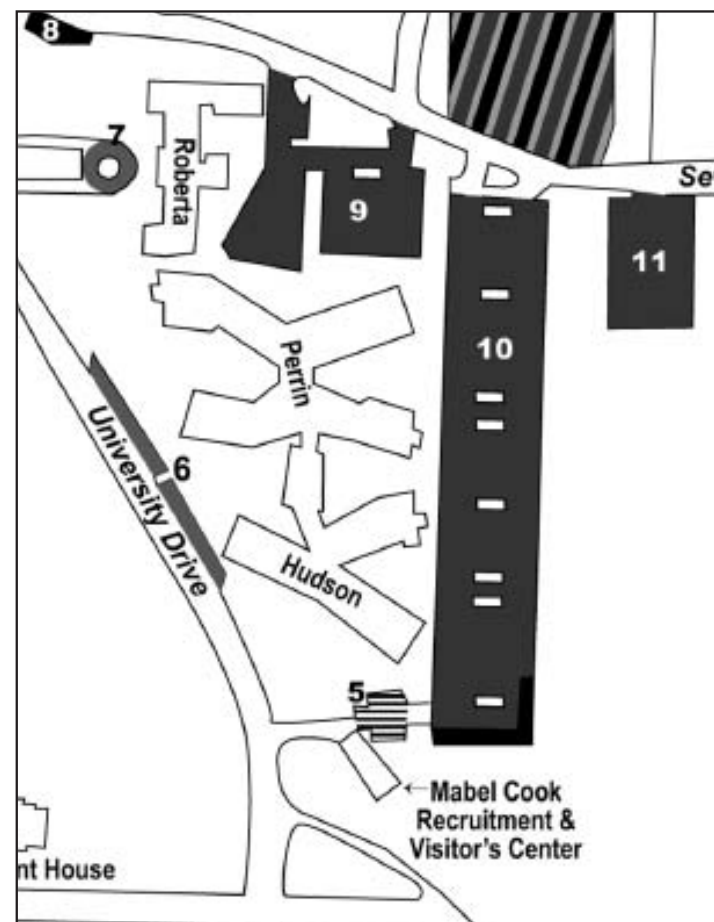
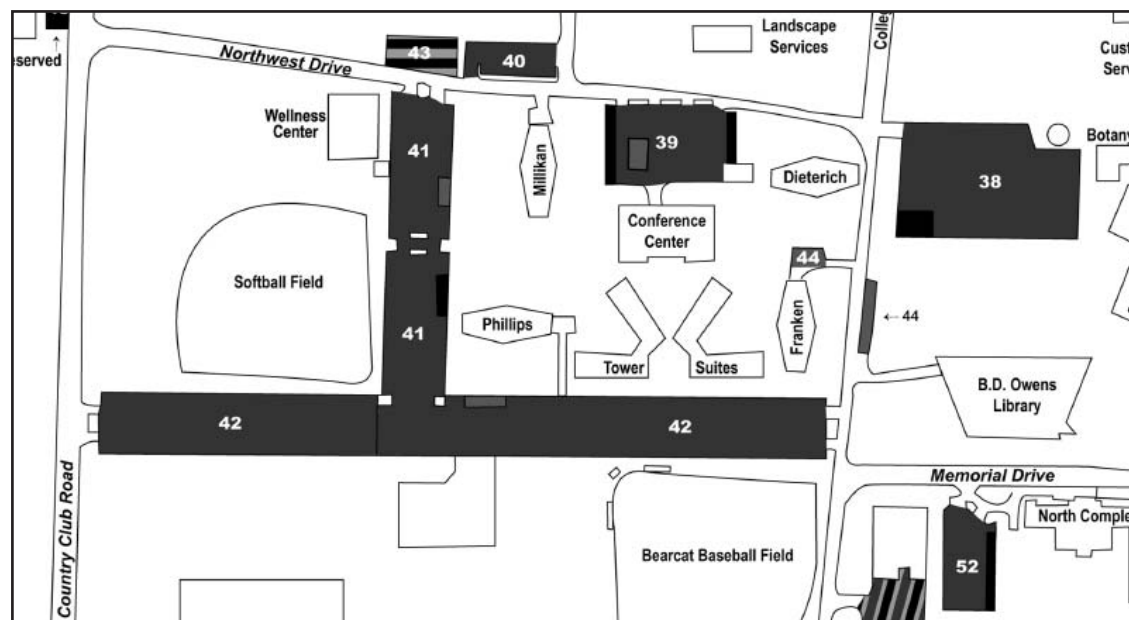
Campus Safety  
562-1254

Safe Ride Home  
562-1245

Maryville Public  
Safety  
562-3209

## Parking 101

The dark areas are designated lots for freshmen to park on campus. A resident parking permit is required in these lots.





## SAFE RIDE HOME

By Philip Gruenwald  
Opinions Editor

Since Spring 2005, Northwest students have had a unique option for weekend transportation. The Safe Ride Home Program serves as a free shuttle service for Northwest students within Maryville city limits. Historically, it has been in service on Friday and Saturday nights. As of Fall '10 though, Safe Ride will expand its hours to Wednesday evenings, Friday evenings and Saturday afternoons.

Safe Ride is a creature of the University Police and is funded by the University's general revenue fund. During the week, designated Safe Ride minivans sit dormant in the University Police parking lot. But at 10 p.m. Friday, they leave campus to answer students' calls.

"[Safe Ride] really supports students strongly, and it's something that the students really want. And it's needed," Clarence Green, University chief of police said.

Safe Ride is widely used by students who are either uncomfortable driving, or do not feel comfortable riding with someone else. Regardless of their situation, any Northwest student can call Safe Ride with their location and expect to be picked up within 10 minutes.

Students merely flash their Bearcat Card to the student employee driver, and are transported home free of charge. Drivers are traditionally also employed elsewhere on campus and comprise the wide array of student employment opportunities. They are required to complete a University Police-led training course and must have a valid driver's license.

Next year, Green anticipates Safe Ride will operate as more of a luxurious shuttle service, taking students into town

in afternoons for shopping, movies and dining.

"Eventually, we would like to see [Safe Ride] grow to where it's mostly funded by Student Senate and Residence Halls Association," Green said. "We'd like to operate on Thursday nights, as well as look at some other options for other nights where students are out and about and might need a safe ride to another location."

Data shows that Safe Ride has reduced alcohol-related traffic offenses since its creation (see sidebar). Still, debate clouds the future of the program. Proponents cite statistical evidence of increased safety in town and on campus. Opponents argue that the program merely enables and encourages the binge drinking lifestyle.

"What I believe, anecdotally, is that those folks who are going to choose to drink are going to choose to drink, and those who don't will choose not to drink," Green said. "Is it going to make you drink in excess by having a safe ride or designated driver? There's an argument there, but I think not."

Green believes that Safe Ride ultimately earns its place as a staple service of the University, promoting the greater good for students.

"We know that before Safe Ride started, we had three fatal accidents within the city limits of Maryville. They were all under the influence of drugs or alcohol," Green said. "We also had over 100 DWIs a year, and we haven't had a fatality inside the city limits of Maryville since and we're at less than 30 DWIs a year."

Safe Ride's numbers ensure it has a strong presence on campus. And, following Student Senate's recent funding approval, growth and sustainability will keep the program available to students for years to come.

### By the numbers

■ Before Safe Ride, Northwest averaged 100 DWIs per year.

■ After Safe Ride, Northwest averaged less than 30 per year

■ Safe Ride transports roughly 5,000 students per year.

■ In April 2010, Safe Ride had 244 calls for service.

■ 81 percent of the calls were received between Midnight and 3 a.m.

■ 33 percent between 1 a.m. and 2 a.m.

■ Over 1,600 students and/or guests were transported during the 2010 spring semester.

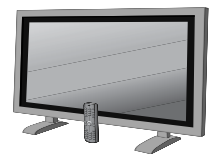
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# Entertainment

## A NIGHT ON THE TOWN

By Brian Johnson  
Contributing Reporter

When students need a break from the classrooms and the books, they don't need to look far. While there are a number of entertaining things that students can do around Maryville, why waste gas money when you can walk and save money? On campus, there are a number of fun and safe things to do.

**Plays and Musicals:** Theater is represented in full force at Northwest. There are a number of plays and musicals that are put on each year, to great critical and audience acclaim. Some of the

works that were presented last year included "Hairspray" and "Night of the Living Dead." No productions have been announced for the '10-'11 school year, but if history is any indication, students can look forward to great entertainment at the Performing Arts Center.

**Distinguished Lectures and Guest Speakers:** Northwest has a reputation of bringing in interesting and educated speakers at Northwest to give lectures or just to have fun with an audience. In the '09-'10 school year, some of these speakers included MTV's Whitney Port, plane crash survivor Mercedes Ramirez-Johnson and Harold Ford

Jr. So whether students are looking for some inspiration and insight, or whether they just want to have fun learning from famous speakers, the Distinguished Lecture Series and guest speakers will have these in abundance.

**Free Movie Night and Movie Rentals:** Once a month, the University has a free movie night at the Hangar, the local movie theater. All students will need is their Bearcat card for admittance. What better way to get some cinematic entertainment without having to empty your wallet? Feeling like watching a movie but don't want to leave the comfort of your room?

The Station has you covered as they have rental options of top movies.

**Concerts:** Twice a year, in the fall and spring, the Student Activities Council will bring a band to perform exclusive concerts for students. Past acts include Dierks Bentley, Boys Like Girls, Saving Abel and Emerson Drive. No need to make the long voyage to surrounding cities or make a big withdrawal from your bank account to see some live entertainment when at Northwest.

**Special Events:** SAC has sporadic activities scheduled throughout the year for students to take part in. Some of these include, Bingo nights, poker nights, ice

## ON-CAMPUS

cream sundae days and spa nights. One of the more exciting events that the SAC puts on is the Up 'Til Dawn events, which are put on once a month. This allows for students to have a night of entertainment in a safe and fun environment. These events include games, special speakers, food and drink and many other activities.

For more information on specific events and activities during the '10-'11 year, be sure to check out [www.nwmissouri.edu/campusactivities/index.htm](http://www.nwmissouri.edu/campusactivities/index.htm). Do not forget that the events calendar is ever-evolving and a number of opportunities are always being added.

## OFF-CAMPUS

By Matthew Leimkuehler  
Features Editor

The 'Ville has a consistent population of around 10,000 people, so for those of you coming from larger cities, culture shock will soon kick in. Just because Maryville is small doesn't mean it does not pack an entertaining punch. There are plenty of activities to participate in

off campus.

Mozingo Lake is home to a full 18-hole golf course, various picnic and camping areas, and also a beach. So, if you ever feel the need to escape the stress of school, go out to Mozingo and build a sand castle.

Senior Andrew Linhart enjoys golfing at Mozingo on regular occasions.

"It's relaxing, fun and an escape

from school," Linhart said.

Freshmen Erin Hawkins also enjoys her time and Mozingo.

"It is a lot of fun," Hawkins said. "I like going with my friends, it's a good place to get off campus."

Maryville also contains one of the most unique movie theaters around, The Hanger. The Hanger, built inside an old airport hanger, is a dinner theater, where you can

watch a great film and eat an even better meal, all in one sitting. Before going to the movie, you could bowl a few rounds at the local bowling alley, Bearcat Lanes.

Maryville has an entertaining night life, as there are a variety of bars located throughout the downtown area. If you are of age, you could enjoy a night out with your friends socializing at any of

these establishments.

Another idea of a fun time away from campus would be cooling down with a nice swim at the Maryville Aquatic Center, which is open throughout the duration of the summer.

In Maryville, there are tons of entertaining past times, all it takes is the effort of leaving your dorm to find a good time.

PHI MU MEMBER Amanda Arthur shouts to the crowd as she walks in the parade last Homecoming.

file photo

MATT RUMANS LEAD guitar and vocalist for the band Rocker Lips gets the crowd involved while performing during the X106 Battle of the Bands contest.

photo by hilary dohrman | design editor

photo by lori frankenfield | photography editor

HEIDI LUMBARD, ROB Graham and Kelli Goodale get there picture taken at The Palms Fat Tuesday party. They handed out hats and beads to guests and had a raffle for prizes.

photo by lori frankenfield | photography editor

HAIRSPRAY'S LEAD TRACY Turnblad, played by Danielle Arci, is wheeled around stage on a stoop during the song "Good Morning, Baltimore". Hairspray played at the Ron Houston Center for the Performing Arts.

# Homecoming

# Concerts

# Bars

# Theatre



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■ Church of Jesus Christ  
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■ Church of Nazarene  
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■ Community of Faith  
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■ Hope Lutheran Church  
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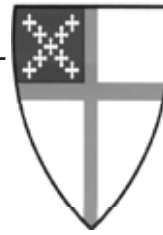
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# Staying Fit

## AVOIDING THE FRESHMAN 15

By Austin Buckner  
University News Editor

Sudden weight gain in a student's first year of college, often referred to as the 'Freshman 15', is a phenomenon many struggle with.

There are many factors that could potentially cause the sudden weight gain. Beau Dooley, director of wellness and assistant director of health services, says a new student's inability to adopt a healthy lifestyle is one of the primary reasons for sudden gain of weight.

"First year college students may experience weight gain as a result of adopting new lifestyle choices and eating habits after arriving on campus," Dooley said. "Thus, poor food choices, larger portions, late night snacking, and alcohol consumption can all lead to unwanted pounds. Additionally, decreases in physical activity coupled with a poor diet can exacerbate the problem."

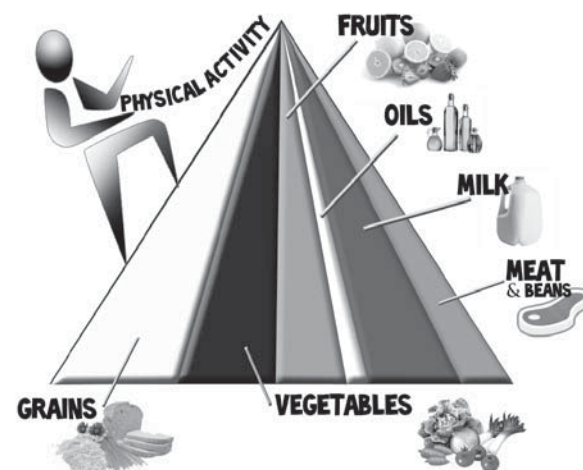
When the term 'Freshman 15' was created, the average weight gain per student was said to be around 15 pounds.

More recent reports suggest the average weight gain per student may be closer to seven or eight pounds. Dooley says weight gain, if any, will differ with each student depending on his or her individual eating habits and physical activity.

Dooley warns that though weight gain will be different for each student, every student should attempt to live a healthy lifestyle.

"In order to prevent gaining weight, students should focus on the basics: eat a healthy and nutritious diet, practice portion control, and maintain a physically active lifestyle," Dooley says. "Making small changes, such as consuming smaller portions, eating more healthy foods and fewer unhealthy ones, and adding extra physical activity to one's daily routine, such as walking to class or taking the stairs, can help students reduce unwanted pounds."

Dooley says those seeking extra help to lose weight or prevent weight gain can make an appointment through the University Wellness Center, Northwest's health services facility located on the northwest corner of campus behind Milikan Hall.



"Students interested in preventing weight gain or making adjustments to their lifestyle in order to lose weight in a healthy way may schedule an appointment at the Wellness Center," Dooley said. "The Wellness Center, along with Campus Dining, also offers interactive presentations on healthy eating, mindful eating and portion control for any groups on campus that are interested."

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- Allergy injections
- Health risk appraisals and health maintenance
- Immunizations
- Sports medicine
- Eating disorder evaluation and management
- Nutrition Counseling with a Registered Dietician

**By Brittany Keithley**  
*Editor-in-Chief*

Late-night study sessions might just make you sick, literally.

Forget what your kindergarten teacher told you about sharing. Keep your cups, forks and lip-stick to yourself. Germs run rampant in college dorms, so wash your hands frequently and get enough sleep.

If you catch a bug, run to a drugstore for a box of tissues, some kind of decongestant, Advil or Tylenol for headaches and a thermometer. If you run a fever higher

than 101 degrees for more than two days, call the Wellness Center and make an appointment.

The Wellness Center provides countless services to students from regular checkups to counseling. The per-credit hour wellness fee that students pay covers routine office visits, which include consultation, diagnosis, and treatment recommendations. It won't cover procedures, lab work or medication, but you can charge those to your student account or insurance.

The transition to college can be hard for some,

and balancing your new responsibilities tends to get overwhelming.

Students need to have a reasonable schedule for sleeping, eating, exercising, studying and socializing. If any one of those things gets out of balance, then the tendency will be for them to get sick.

The Personal Development and Counseling Services at the Wellness Center can help with these adjustments to college life and lend advice from crisis management to consultations.

The Wellness Center holds a partnership with

their patients with the understanding of mutual trust and confidence to help ensure the correct diagnosis is reached and the student's needs are fulfilled.

They work with students to help achieve a balance in mind, body and spirit by promoting education, self responsibility and prevention.

The Wellness Center is located at the northwest corner of campus behind Millikan Hall.

Appointments are preferred, but walk-ins are welcome. For more information contact them at (660) 562-1348.



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## Study Tips

### MAKING THE GRADE

By MCT Campus

You've stayed out past 3 a.m. dancing with your friends, navigated your way through the technology building and chowed down in the dorm dining hall more than once.

You've also spent \$50 in the past 10 hours on who knows what, thrown a box of Cheez-Its at your messy roommate's head (or had one thrown at yours) and heard at least one lecture from Dad about what you're doing with your life.

You're an accomplished collegian. Maybe you're a freshman, or maybe you're a sophomore in need of guidance. In any case, you need some help.

The first step to surviving college is simple.

Drag yourself to class. Grab your books, set a few alarms, and make sure you're present when the professor calls roll on day one. Once you've tackled that, you can move on to bigger things, such as introducing yourself to the prof after class, closely reviewing your syllabus and getting a head start on reading.

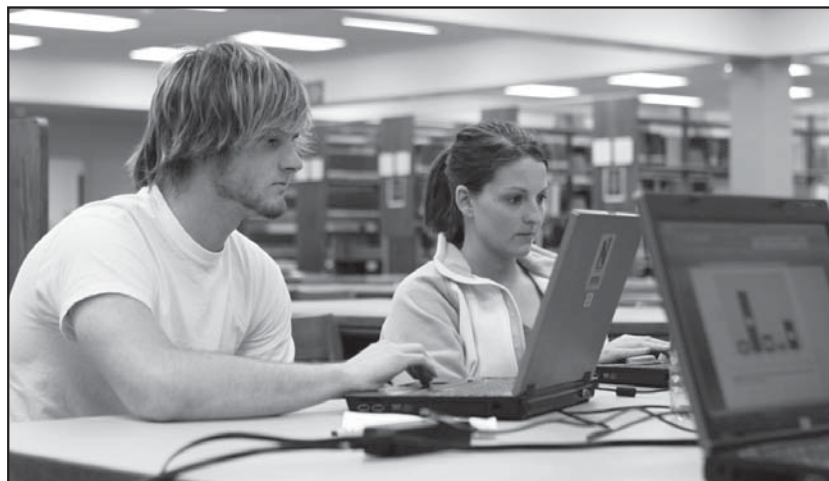


photo by brittany keithley | editor in chief

BEN HEASLEY AND Mollie Sogley finish a group project in Owens Library. Owens Library has three separate floors with separate noise regulations for your studying comfort.

Uh-oh, if your syllabus indicates you registered for cosmology instead of cosmetology, or if you instantly dislike your professor, you can

drop the class and sign up for something else. Just do it by the required add/drop date.

Another important task? Make some friends.

That's right, chat up the cutie sitting next to you. You'll need some contacts in the class in case you miss a day or don't understand something. And it's a great excuse to get a phone number.

And, oh yeah, start doing the work immediately. Even if something is not due for six weeks, if you don't get started right away you can easily get in a hole.

Look at college as your job, and learn time-management skills. Pick a good time to do homework. Try to do it at the same time every day; right after school, just before dinner or right after dinner. Try not to leave homework until just before bed.

Find a place that makes studying easy. Collect everything you'll need before you begin to work. Do your homework in the same place every day.

Remember to make time for long-term projects. Think about using a weekend morning or afternoon for working on big projects, especially if they involve working together with classmates.

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# Dorm Room Dining

## BEYOND RAMEN NOODLES

### MCT Campus

There's more to the college experience than fascinating lectures, frat parties and pricey textbooks. There's all that ramen, for one thing. Mom and Dad may have paid for a dorm meal plan, but dining hall hours don't always jibe with student schedules or tastes, for that matter. Many students find themselves on the wrong side of campus, or still in class, when the cafeteria closes. Late night study sessions require refueling. And a pizza-based diet gets old, and fattening, quickly.

So here are some fresh cooking ideas that will be equally at home at the big U or in harried non-college households, too.

Start by identifying what's available and developing a repertoire of easy to prepare dishes. A well-stocked dorm closet allows students to turn their care packages into gourmet entrees or simple meals without so much as a microwave oven. (Tip: don't store the laundry detergent near the cooking supplies or your salad will taste like Tide.)

Basic cookware, such as the measuring spoons, mixing bowl and cutting board, make gourmet pursuits easy, even in a dorm setting.

But the biggest challenges for would-be dorm chefs are aromas and appliance restrictions. Be kind

to your roommates. Don't cook fish or burn the popcorn in the microwave.

As for appliances, read the fine print on your housing contract first. Mini-fridges are allowed everywhere, but the rules on microwaves, crockpots, rice cookers and George Foreman grills vary from dorm to dorm.

Many dorms have a communal kitchen. Or you can "borrow" a friend's apartment stove during a study session to cook a week's worth of baked potatoes or pasta. Cook a week's worth of spaghetti, penne or rigatoni. Drain it and toss it in a little bit of olive oil, then portion control it into baggies.

Reheat it in the microwave and add store-bought sauce; toss it with butter, garlic and fresh herbs; or top it with cooked, shredded chicken. That pasta can also be served cold, garnished with fresh veggies and tossed with an Asian peanut or sesame dressing.

Baked potatoes are also a reliable standby. Try splitting and stuffing them with cheese and broccoli, before zapping them in the microwave.

Of course, there are caveats, too. Make sure your mini-fridge is cold enough to keep milk and meat safely chilled. Don't use a chicken-spattered cutting board to dice your vegetables. And avoid setting the building on fire.

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# Football

## 'CATS LOOK TO REPEAT AFTER THIRD NATIONAL TITLE

By Jason Lawrence  
Managing Editor

On Saturdays, the phrase "We See Green" becomes reality in Maryville. Bearcat Stadium is packed with fans, in hopes of getting back to Florence, Ala., for the sixth straight year.

"Everybody has recommitted themselves to the 2010 Bearcats," quarterback Blake Bolles said. "We've kind of put the 2009 Bearcats in the past. It was great to get a win in Florence, But now we're focused on getting back and repeating."

This past season, the 'Cats gave them a reason to cheer even louder, winning the school's third National Title after appearing in the title game for the fifth straight year.

The Bearcats rattled off 14 straight wins to claim the title after a season-opening loss to Abilene Christian.

They ended the season with a 30-23 win over Grand Valley State in the title game.

Northwest returns almost their entire offense, losing only All-American running back LaRon Council and wide receivers Nick Rhodes and Abe Quaod to graduation.

Bolles and Division II Wide Receiver of the Year Jake Soy return to lead a potent offense that also returns the entire offensive line.

The Bearcats have six players fighting for time at running back. Jordan Simmons, Billy Creason and Kelvin Austin all return to compete with new comers Ricky Hicks, Kuhlman Shulte-Adema and Quincy Williams.

"We have a lot of depth," head coach Mel Tjeerdsma said. "We had a lot of guys make plays (at the spring game). I think every one of our backs made one or two plays and I think that's important. It's good to be a good battle there."

On the defensive side of the ball, All-American safety Myles Burnside, defensive linemen Sean Paddock and

Tyler Roach, along with defensive backs E.J. Hawkins and Ike Urum-Eke and linebacker Evan Wilmes have all graduated.

Linebackers Chad Kilgore, Adam Vondrak and Willie Horn, linemen Shayne Shade, Josh Lorenson and Kyle Sunderman return as well as defensive backs Justin Welch, Ryan Jones and Al Foster-Rettig to lead the defense.

"A lot of people are really concerned about us being young on defense," Tjeerdsma said. "But, we have a lot of guys that can play defense."

Northwest opens this season with perennial playoff team Texas A&M-Kingsville before an open week.

"I'm disappointed we still only have 10 games, but I'm the only one to blame for that," Tjeerdsma said. "It'll be a real tough schedule. So, I have to be careful with who I put in that slot, if I don't find anybody, we'll play 10 games."

The 'Cats then open conference play in Omaha, Neb., against the Mavericks.

Family weekend is the fifth weekend of the season, Oct. 2, with Missouri Western coming to town, and Homecoming is on Oct. 30 versus Fort Hays State.

The annual Fall Classic at Arrowhead Stadium against Pittsburg State is the last weekend of the regular season.

With all the pressure that comes with being National Champs, Tjeerdsma and the 'Cats are taking it in stride.

"We're going to be a good football team, I really believe that," Tjeerdsma said. "The pressure, the target is a little bigger, we've got a lot of things we're going to have to overcome."

**Jake Soy**

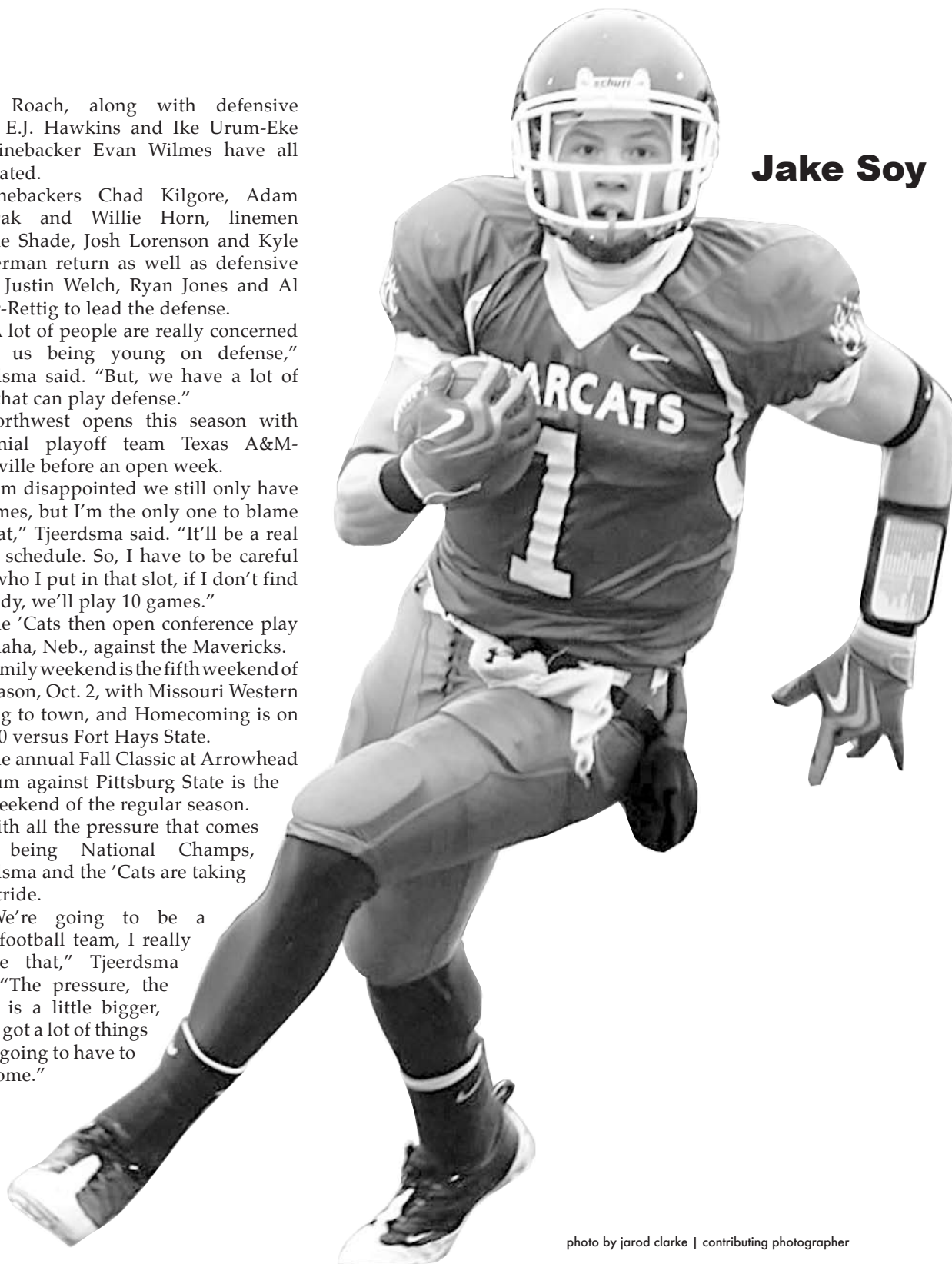




photo by seth cook | missourian photographer

QUARTERBACK BLAKE BOLLES looks for an open receiver downfield in a game last season against Washburn. The 'Cats won 22-19 in overtime at Bearcat Stadium.

## 2010 Schedule

Date	Opponent	Location	Time
Sept. 2	Texas A&M-Kingsville	Bearcat Stadium	6 p.m.
Sept. 11	Open (TBA)		
Sept. 18	Nebraska-Omaha*	Omaha, Neb.	TBA
Sept. 25	Truman*	Kirksville, Mo.	TBA
Oct. 2	Missouri Western* (Family Weekend)	Bearcat Stadium	1 p.m.
Oct. 9	Missouri Southern*	Joplin, Mo.	TBA
Oct. 16	Emporia State*	Bearcat Stadium	1 p.m.
Oct. 23	Washburn*	Topeka, Kan.	TBA
Oct. 30	Fort Hays State* (Homecoming)	Bearcat Stadium	1:30 p.m.
Nov. 6	Central Missouri*	Warrensburg, Mo.	TBA
Nov. 13	Pittsburg State* (Fall Classic IX at Arrowhead)	Kansas City, Mo.	TBA
Nov. 20	NCAA Playoffs - First Round		
Nov. 27	NCAA Playoffs - Second Round		
Dec. 4	NCAA Playoffs - Quarterfinals		
Dec. 11	NCAA Playoffs - Semifinals		
Dec. 18	NCAA Playoffs - Championship Florence, Ala. TBA		

\* denotes conference game

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# Volleyball

## NEW COACH LEADS 2010 BEARCATS

By Brian Bosiljevac  
Chief Reporter

The Bearcat volleyball team looks to bounce back from a disappointing 2009 campaign.

The 'Cats will be under the reigns of first year head coach Jessica Rinehart.

"I love it here," Rinehart said. "This school is so dynamic and I'm really excited about this volleyball team. I have a great group of girls, who are extremely talented and have a great attitude. I'm very anxious for the fall to get here."

Rinehart spent the last five seasons as the head coach at Augsburg College in Minneapolis. She was named head coach, by Northwest Athletics Director Bob Boerigter, last winter.

She takes over a 'Cats' squad that spent the last four seasons under the guidance of Anna Tool. Tool resigned midway through last season after learning

her contract would not be picked up for the 2010 season.

"They've been great to me," Rinehart said. "They've been very open to me and extremely coachable. They've worked really hard on the changes I am trying to implement."

The 'Cats went 15-21 in 2009, including a 6-14 MIAA record.

Northwest's roster gained much needed experience last year. After a season with no seniors the 'Cats will return a full roster heading into the fall.

"This is an extremely experienced squad," Rinehart said. We have six seniors, which is a huge number, especially for a volleyball team. We are going to really rely on the leadership and play of those seniors."

Next year's senior class will feature three All-MIAA athletes.

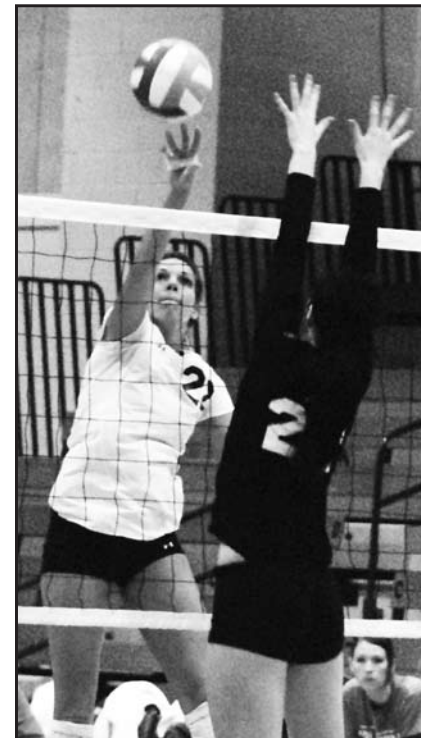
Junior Sara Falcone was named to the All-MIAA third team as voted on by the

conference's coaches in 2009. Falcone led the Bearcats with 352 kills. She also led the team with a career-high .299 hitting percentage, which was tenth in the conference, and 117 blocks, which was eighth-best in the MIAA.

Falcone was joined by junior libero Paige Spangenberg and sophomore setter Laira Akin, who received All-MIAA honorable mention.

This offseason, the 'Cats already participated in an intrasquad scrimmage on April 13 in Bearcat Arena.

"It was exciting to see them out there," Rinehart said. "It was a good battle and the squads were evenly matched. It was very high energy. The girls went hard after every ball and worked well together. It was exactly what I was looking to see. This is a group of very capable and physically gifted girls. I think we are going to surprise a lot of people next season."



MIDDLE  
HITTER  
SARA  
Falcone  
hits the  
ball  
over to  
Truman  
State  
oppo-  
nent. The  
Bearcats  
beat the  
Bulldogs  
3-1.

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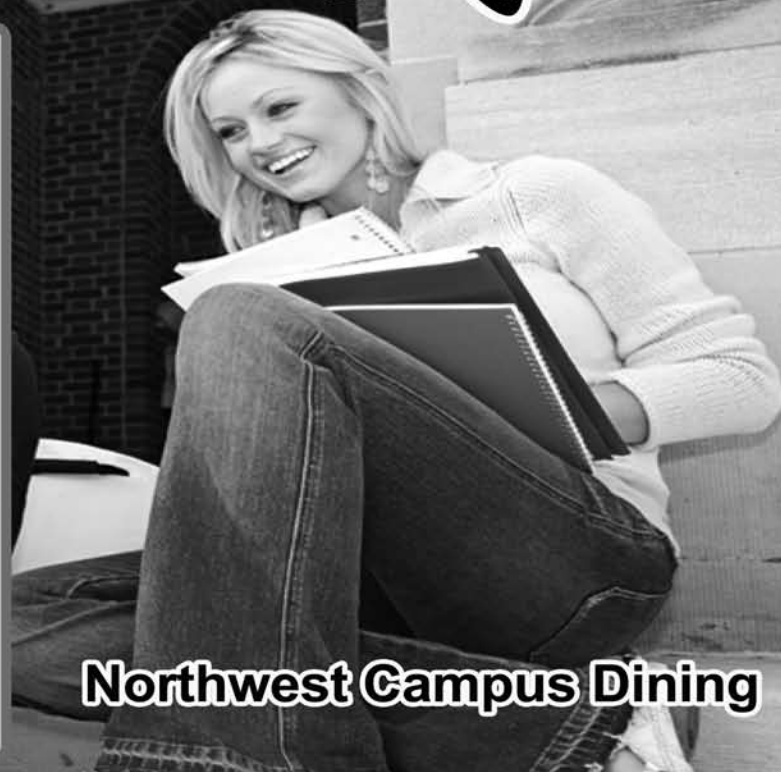
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# Soccer

## 'CATS RETOOL AFTER RECORD YEAR



photo by lori frankenfield | photo editor

FORWARD KELSEY SANDERS takes a shot on goal in the Senior day game against Missouri Southern at Bearcat Pitch. The Bearcats defeated the Lions 1-0.

By **Tony Botts**  
*Sports Editor*

The Bearcat soccer team is coming off a season filled with both team and individual accolades.

As a team, the 'Cats posted a program best 11 wins as well as posting double digit wins for the second time in team history.

"Always good to break a win-record," head coach Tracy Hoza said. "We're very happy with that. Second season with double digits, which in soccer, in this conference, is very tough to do. It was very positive."

Much of the team's success was in due credit to many of the seniors, who set a few program records as individuals as well.

Senior goalkeeper Kira Lazenby finished her career at Northwest as the program leader in shutouts (16), save percentage (.838) and goals against average (.95 goals).

Lazenby closed the chapter on her Bearcat career and began a new chapter as she signed with the Seattle Sounders of the W-League.

In all, the 'Cats graduated nine

seniors, including forward Andrea Tritz and defender Jessica Braun. However, the 'Cats seem to be in good hands with the incoming spring signees.

Hoza said Division-I transfer defender Hannah Silvey, midfielders Emilee Davison, Anna Calgaard, Jordan Albright and goalkeeper Kelsey Adams will all make an impact early on in the program during the fall.

"We have some kids that will be able to come in and contribute and also will continue with the tradition and culture of this program," Hoza said. "It's going to be a newer team. That's going to be a challenge. But, we have some great students returning that I believe will step and be good players. They have already showed that in the offseason right now. They have learned from the seniors that have graduated. I'm excited to see where they will fit in and what they will do, and so far, it's looking good."

Hoza looks forward to every game in the upcoming season, especially the conference opener against the Bulldogs of Truman State.

The 'Cats open on the road Friday Sept. 3 at Newman State in Wichita, Kan.

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